

LAKE COUNTY GENERAL HEALTH DISTRICT

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# ACHIEVE Wellness: 10,000 Steps Challenge

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May 5, 2014 – June 1, 2014



Lake County  
General Health District

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Prevent. Promote. Protect.

## ACHIEVE Wellness: 10,000 Steps Challenge

### Rules

1. The ACHIEVE Wellness: 10,000 Steps Challenge is a 4-week competition among employees in Lake County. The goal is to help you become more physically active. Each week includes a step requirement or goal. **The idea for each person is to obtain the most steps every week.**
2. The Challenge officially begins Monday, May 5, 2014 and will end Sunday, June 1, 2014.
3. **Goals:** To increase physical activity levels, with the ultimate goal to incorporate exercise into your daily life. Each individual should accumulate as many steps as she/he can.
4. **Awards:** There will be prizes for the top 3 winners at the end of the challenge. The person with the most accumulated points, the 2<sup>nd</sup> place winner, and the 3<sup>rd</sup> place winner will receive prizes that are to be determined. In the case of a tie, all people impacted will be placed into a drawing for the prize.
5. **Web Site:** All forms/links will be available on the ACHIEVE Wellness website: [www.lakecountyohio.gov/achieve](http://www.lakecountyohio.gov/achieve).
6. **Step Tracker Log:** As a challenge participant, you will be responsible for purchasing and wearing a pedometer and logging daily steps. Steps are to be tracked **May 5, 2014 through June 1, 2014.**

**Steps must be entered weekly. You will need to submit your total steps taken every week in order to be part of the challenge. The form to submit your weekly steps will be on the ACHIEVE Wellness website.**

Your daily goal will be different each week as you will work towards walking 10,000 steps per day at the end of the challenge. Be sure to wear your pedometer on a daily basis!

1 mile = 2,000 steps  
5 miles = 10,000 steps

### 7. Challenge Points:

*Step Goal:* There is a step goal for each week. This will be documented on your Step Tracker Log. Each participant will need to record how many steps they have taken each day. The goal is to meet that daily goal every day of the week in order to accumulate as many steps as possible. It is OK to go beyond the weekly goal! **All step requirements will be recorded on an honor system.**

**Weekly steps must be submitted by 10 A.M. Monday for the previous week's steps. During the final week of the challenge, logs will be due by 4 P.M. on June 2, 2014 so a winner can be determined.**

8. **Scoring:** See below.

Week	Weekly Step Goal
1	4,000
2	6,000
3	8,000
4	10,000

9. **Registration:** Registration will be available starting **April 24, 2014** and due by 12 P.M. (noon) on **May 5, 2014**. Please register at [www.lakecountyohio.gov/achieve](http://www.lakecountyohio.gov/achieve).

10. **Step Equivalents:** This challenge will only accept steps that have been counted by your pedometer. Please do not record any activity that has been converted to steps. Although activity is encouraged, please keep in mind this is a *Steps* Challenge.

### Why 10,000 Steps?

It's no surprise that regular physical activity is important. Experts recommend taking 10,000 steps every day! Here is motivation to keep you walking:

#### Major Benefits of Regular Exercise

- Decreases your stress
- Improves your mood
- Improves self-esteem
- Helps you sleep better
- Increases your energy
- Helps you feel better about yourself
- Improves your attentiveness
- Increases your productivity

#### Other benefits:

- Lowers risk for heart disease
- Lowers blood pressure
- Decreases your risk for stroke
- Improves your "good" cholesterol and reduces your total cholesterol
- Decreases your risk of breast cancer and colon cancer
- Reduces your risk for diabetes
- Lowers your risk of glaucoma
- Reduces your risk for osteoporosis
- Helps manage your weight

*This information was adapted from Highmark® Blue Shield.*